

# THE RIVER CURRENT

MONTHLY NEWSLETTER FOR RIVERS WEST DISTRICT

MAY 2026

## UPCOMING WORKSHOPS

[FULL! Planting Workshop - Neilburg - May 13th](#)

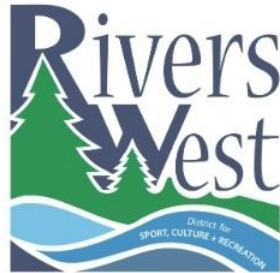
[Planting Workshop - Mervin - May 14th](#)

[Planting Workshop - Medstead - May 18th](#)

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[Play Leadership Training - Lloydminster - June 2nd & 3rd](#)

[Planting Workshop - Zealandia - June 9th](#)



**Coming Soon**

**BARN QUILT WORKSHOPS...**

**PLANTING WORKSHOPS...**

**We are confirming dates and locations  
- Stay tuned!**

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# EVENTS CALENDAR

## CLICK HERE



**Rivers West Membership** will provide you with access to exciting benefits and information on grants and funding assistance, direct delivery programs, program support, networking opportunities, communication directory, partnership opportunities and connection to the Global organizations which include SaskSport, Sask Culture and Sask Parks and Recreation.

Check out our [Annual Membership](#) information here.

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### **The Science of Why Spring Makes People Happier**

After a long Saskatchewan winter, there's something about spring that instantly lifts people's spirits. The days get longer, the sun feels warmer, and suddenly everyone seems a little happier — and science explains why.

One major reason is sunlight. During spring, increased daylight helps our bodies produce more serotonin, a chemical linked to happiness and improved mood. More sunlight also helps regulate sleep, which can boost energy levels and overall well-being.

Spring also encourages people to spend more time outdoors. Fresh air, walking, gardening, and simply being around green spaces have all been shown to reduce stress and improve mental health. Even seeing trees begin to bloom or grass turn green can have a positive psychological effect.

Psychologists also say spring creates a natural feeling of renewal. Many people feel more motivated to clean, start new projects, reconnect with friends, or spend time in the community after a long winter indoors.

And in Saskatchewan, where winters can feel especially long, that first warm spring day often feels like a celebration all on its own.

So if you've been feeling a little more energetic or optimistic lately, you're not imagining it — spring really can improve our mood.

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**Discover the workshops and training opportunities available through Rivers West!**

We're here to support your organization or community by bringing meaningful, engaging programs directly to you.

[Click HERE](#) to view our *updated* Expression of Interest. We are making it our goal to connect with as many communities as possible and ensure everyone is aware of the full range of workshops and training we offer.

Let's work together to bring valuable learning opportunities to your area!

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## *Partner Workshops*

- Sport for Life Workshops
- Anti-Racism in Coaching
- NCCP Multi-Sport Training Modules
- Respect in Sport
- Sport for Life Education Program





**Sun West School Division Roads to Success Career Fair**

Pictured: Bobbi Hebron & Chelsea Omness

Rivers West District was pleased to attend the Career Fair in Rosetown on May 7th to connect with over 650 students from the Sun West School Division.

Together with Chelsea Omness from Kindersley Aquatic Center, we shared information from Rivers West District, the Lifesaving Society, and Sask Parks and Recreation with a focus on Lifeguarding.

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**PHOTO GALLERY  
CLICK HERE**

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INDIGENOUS COACHES AND OFFICIALS PROGRAM

# ABORIGINAL COACHING MODULE

**Date:** June 26, 2026

**Time:** 9:30am-3:30pm

**Location:** Pierceland School

\*Minimum of 10 & maximum of 30  
First-come, first-served basis



**CONTACT :**  
**DANENE KOPPERUD**  
Danene.kopperud@nwsd.ca  
306-236-9566

**\$25.00**  
**REGISTRATION FEE**



IN PARTNERSHIP WITH:



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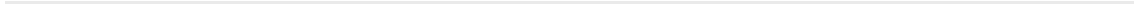
**Stay Connected!**



Follow us on  
**Instagram**



**event  
spotlight**



# St. Walburg & Area's Annual **WALK FOR MENTAL WELLNESS**

Raising Awareness for Mental Health & Addictions



## **FRIDAY, MAY 29, 2026 SUPPER & SPEAKER**

CATHOLIC PARISH CENTRE  
COCKTAILS 5 PM  
SUPPER 5:30 PM  
DESSERT AUCTION  
MC: KURT PRICE  
GUEST SPEAKER TO FOLLOW  
**INFO LOUNGE ON SITE**

**TICKETS \$40 EACH**

### **AVAILABLE AT:**

KIM'S SERVICE  
BROWN BAG LIQUOR STORE  
ACE HARDWARE  
GRAHAM FOODS  
ST. WALBURG HOME HARDWARE  
PARADISE HILL RANCH &  
WESTERN WEAR

### **LIMITED TICKETS AVAILABLE**

CASH OR E-TRANSFER ACCEPTED  
TO  
[ETRANSFER@STWALBURG.COM](mailto:ETRANSFER@STWALBURG.COM)

### **Guest Speaker: Tyler Smith**

A survivor of the 2018 Humboldt Broncos bus crash, Tyler is the founder of Not Alone Co. and co-host of Speak Your Mind with NHL veteran Riley Sheahan. Through speaking and advocacy, he inspires vulnerability, connection, and safe spaces for healing and hope.



Suicide



Mental  
Health



Addiction

## **SATURDAY, MAY 30, 2026 WALK FOR MENTAL WELLNESS**

CATHOLIC PARISH CENTRE  
REGISTRATION BEGINS: 10 AM  
WALK BEGINS: 10:40 AM

THE TRAIL WILL BE MARKED & PATH  
IS ALL-INCLUSIVE FOR SCOOTERS,  
WHEELCHAIRS & WALKERS.

RIBBONS AVAILABLE AT \$1.00 EACH;  
TO BE TIED TO THE FENCE NEAR  
DONOR'S CHOSEN TREE(S).

T-SHIRTS AVAILABLE FOR  
\$20 - \$30 EACH

PARTICIPANTS ARE ENCOURAGED TO  
CARRY PICTURES OR MEMENTOS IN  
HONOUR OF THEIR LOST LOVED ONES.

FREE LUNCH  
FREE CHILDCARE DURING GUEST  
SPEAKER WHICH WILL BE AFTER LUNCH

### **LOCAL MENTAL HEALTH RESOURCES AVAILABLE**

### **Guest Speaker: Merle Massie**

Merle is a Saskatchewan farmer, award-winning author, storyteller, and the Executive Director of The Do More Agriculture Foundation of Canada. Founded by farmers for farmers, The Do More Agriculture Foundation champions mental health across Canadian agriculture communities



**FOR MORE INFO CONTACT SHIRLEY 306-218-7181**

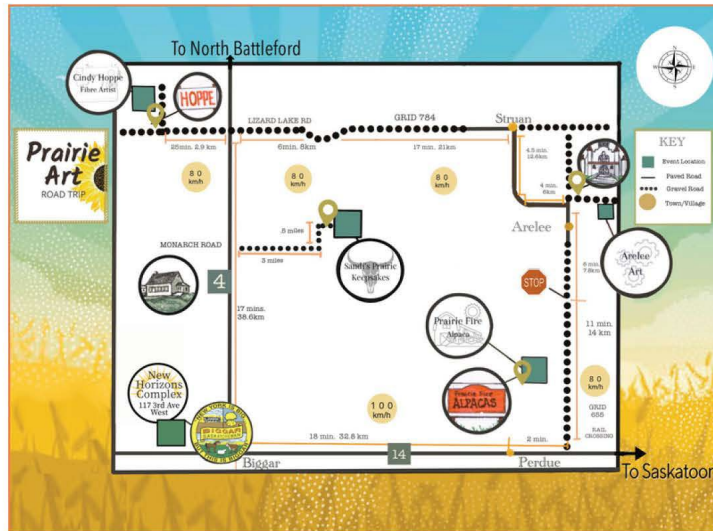


ESTD 2021  
**PRAIRIE ART  
ROAD TRIP  
2026**

**Sat. July 18 10AM - 5 PM**  
**TAKE A DAY TRIP TO WEST-CENTRAL  
SASKATCHEWAN**



**For complete details including participating artists & printable  
directions scan QR code above.**



**Website: [prairieartroadtrip.ca](http://prairieartroadtrip.ca)**

**Contact: call/text 306-948-7147**

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# 5TH ANNUAL INTERSCHOOL **POWWOW**



HEART OF TREATY 6  
**Reconciliation**

Friday, June 5, 2026

Grand Entry 10 A.M. - Dance Out 2 P.M.

Everyone must be registered by 11:30 A.M.

Cenovus Energy Hub

3905 39 Avenue, Lloydminster, SK

We invite all Powwow dancers, singers and Drum groups from Heart of Treaty Six and surrounding area to join us.

Elder meals will be provided.

**EVERYONE IS WELCOME.**

For more information please contact: [indigenous@lakelandcollege.ca](mailto:indigenous@lakelandcollege.ca)

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# The Rhubarb Festival

June 27<sup>th</sup>, 2026

Paynton, SK

## Pancake Breakfast

9 to 10:30 am  
pancakes & sausages

## Kids' Zone

Bouncy obstacle courses,  
face painting, games,  
& Larry the Balloon Man

## Market

11 am to 4 pm

## Silent Auction

11am to 3:30pm

## Food Trucks

## Tea & Bake Sale

11am to 4pm

## Beer & Wine Gardens

from 1pm to midnight

## Live Music

starting at 4pm  
The Table Mountain Boys  
Beer League

## Truck/Tractor

## Show & Shine

contact Richard Meynberg  
to register (306) 903-7440

## Rhubarb Baking Competition

entries must be submitted in a disposable container with name &  
number on the bottom. MUST CONTAIN RHUBARB

For more info, to volunteer, to become a vendor, email  
[barbfest25@hotmail.com](mailto:barbfest25@hotmail.com)

The Purple Palace will be open!

# Trauma-Informed And Cultural-Sensitivity Training



Community Arts  
Mentorship Program



Funding provided by  
Saskatchewan Lotteries

## T.A.C.T IS FOR EVERYONE!

SASKATOON | MAY 28<sup>TH</sup> & 29<sup>TH</sup> | 733 C 1<sup>ST</sup> Ave North



### WHO?

Anyone wanting to build stronger and more resilient community programming through a trauma informed lens.

### WHAT?

- Cultural Protocol
- Trauma-Informed Delivery
- Reconciliation
- Legalities of Abuse & Suicide Disclosures
- Blanket Exercise & more!

### HOW?

12 hour curriculum  
Early Bird Price \$150  
for a purchase  
before May 10<sup>th</sup>  
Regular price of  
\$200 after May 10<sup>th</sup>

For more info - [www.communityartsmentorship.com/TACT](http://www.communityartsmentorship.com/TACT)

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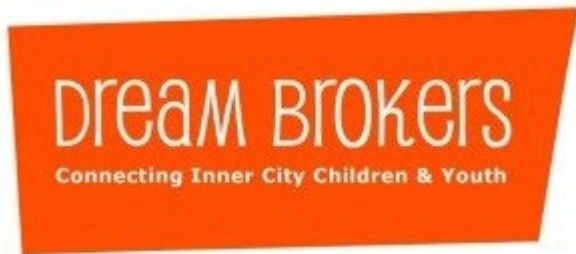
# COMMUNITY SPOTLIGHTS



**'A wealth of knowledge': New Métis exhibit at Biggar museum brings overlooked history into focus**

For full story by BattlefordsNOW, [Click Here](#).

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**What is Dream Broker all about? . . .** The Dream Broker connects inner-city youth and their families with a sport, recreational or cultural activity. She can support participation in various sport, culture or recreation activities by helping with registration costs, transportation, equipment or just by being a cheerleader on the sidelines when a family member is unable to attend.

**Please let Chelsey know if you're interested in more information.**

**Email [ddb@riverswestdistrict.ca](mailto:ddb@riverswestdistrict.ca) or call/text 306-441-9447**

**District Dream Broker**

Chelsey Gladue

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## DISTRICT DREAM BROKER MONTHLY UPDATE

Hello everyone,

Can you believe we are in May already?!

### **Art Club with Brenda**

Art club is in full swing for St. Mary students. We have 10 students in grades 3-5 attending as of right now. We do have a couple spots for any students that still want to join.

### **Muay Thai**

Cory Chambers- has returned and is running a fun lunch time Muay Thai program at Connaught. We have 10 students from kindergarten registered and enjoying the class. We also have Muay thai starting up at McKitrick as well as at St. Marys for students in grades

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5-7.

### **Kids in the Kitchen**

Kids in the Kitchen will be starting with Vesna from Mid West Foods. Vesna will be instructing students in all three schools on cooking healthy meals that students vote on the menu. They are then able to take their meals home to share with their families.

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CANADA'S CELEBRATION OF ARTS,  
CULTURE AND HERITAGE

**SEPT 18 - OCT 4, 2026**

[culturedays.ca](http://culturedays.ca)

### **Event registration is now open!**

Culture Days returns **September 18 – October 4, 2026**, inviting artists, organizations and communities to take part.

Each year, thousands of free or Pay-What-You-May events are registered through our portal as part of a country-wide effort to promote barrier-free arts and cultural experiences for the public and foster year-round support for artists and organizations.

**Ready to register?** [Sign in](#) or [create a free account](#) to get started.

[Step-by-Step Registration Guide](#) – A simple walkthrough of the registration process

[Event Organizer Guide](#) – Everything you need to know on how to participate in Culture Days

[Programming Ideas](#) – Get inspired with examples to help shape your event and engage your community

[Review the Event Organizer Guide](#)

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# RWD FUNDING CLICK HERE

The most comprehensive resource we've found for a complete list of funding opportunities



**funding  
guide**  
CLICK HERE



## SASK LOTTERIES

### **When you buy a ticket through Sask Lotteries – We All Win!**

Since 1974, lottery sales in Saskatchewan have been used to provide more than \$1.4 billion to support athletes from the grassroots level to the international stage, connect youth to artistic experiences, help residents experience the beauty of the parks that cover the province and **much more.**

Proceeds provide a real chance to win while supporting programs that help people of all ages **play, create, and grow.**

[Sask Lotteries Website](#)

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[Frequently Asked Questions](#)

[Winners Stories](#)

[Community Stories](#)

Connect with Us



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